Post Shorts

Recycling schedule

The residential and recycling pickup schedule for March 19 is plastic, glass and metal. Put items in blue bags and place them on the curb.

Road closure announced

The south end of Deer Creek Loop near Maryland Boulevard will be closed to thru traffic through Friday, March 14, due to construction of a drainage culvert.

Local traffic may use Deer Creek Loop from the north and east directions. Detour signs will direct traffic around the construction area.

For more information, call Greg Kuester, 410-306-1145.

Easter Sunrise Worship Service

The Aberdeen Area Chapel will hold a combined Easter Sunrise Worship Service, 7 a.m., March 23, on the front lawn of the chapel. In case of inclement weather, the service will be held inside the sanctuary of the chapel. Refreshments will be served in the social hall immediately after the service.

For more information, call 410-278-4333.

FECA Office relocates

The Workers Compensation (Federal Employees Compensation Act) Office has relocated to building 305, 2nd floor, room 236 with the rest of the Civilian Personnel Advisory Center. For more information, call Candy Myers, FECA Program supervisor, 410-278-2037, or Cheryl Adams, 410-306-1091.

Volunteer for Read Across America in March

Soldiers and parent volunteers are needed to read a story (or two) to children at the Aberdeen Area Child Development Center, building 2485, anytime from 9 to 10:45 a.m. through March 21.

In celebration of the 10th annual National Education Association's Read Across America Day, Soldier and parent volunteers will each read for 15 minutes at the

Children range in age from 18 months to 6 years old. Walk-ins will not be turned away, but scheduling is preferred.

Volunteers who provide their e-mail information will See SHORTS, page 5

Issue Highlights

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Army privatized housing

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stimulus payments

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Army launches Reset pilot

Story by **LINDY DINKLAGE**

Army News Service

The Army has launched a pilot test of the Reset model, an initiative designed to test the ability to accelerate reconstitution of the force, increase unit readiness and improve preparation for deployment.

Army officials hope that with implementation of the Reset pilot, the service will better be able to systematically restore deployed units to an appropriate level of equipment and better ready Soldiers and Families for future deployments and contingencies.

"Currently, we're out of balance," said Daniel Egbert, force management program manager for G/3 and lead integrator for the Reset pilot. "The Reset pilot is a test program that will validate the process to systematically restore deployed units to a level of equipment, Soldier and Family readiness that prepares them to resume training for future missions."

Traditionally, the term Reset was used to describe equipment Reset.

The Reset pilot will be more of a holistic Reset, according to Egbert, focusing on the needs of the unit, from individual Soldiers to Family members.

The Reset pilot is an enabler to the "Grow the Army" initiative, Egbert said. As the Army grows the size of its force, he said, it can begin to phase into a more systematic, cyclical pattern that focuses on preparing units to respond to a range of possible contingencies.

Reset pilot is a first step in creating a balance that restores that rotational capacity, said Egbert.

According to Egbert, the three phases of the Reset are well publicized. Phase one consists of tasks com-



Photo courtesy of NATIONAL GUARD

Selected units returning from Iraq and Afghanistan will undergo a Reset pilot program that involves not only equipment, but also a focus on Families as part of a holistic approach to unit readiness.

pleted just prior to redeployment, with a focus on reconstitution - that allows for Soldier and Family remaintenance and property accountability, accessing battle damaged equipment and direct shipment of select items of equipment to the United States.

Phase two is a six-month period - referred to as

integration. This period focuses on health assessments, briefings and individual training, with a focus on providing Soldiers time to spend with their Families.

See RESET PILOT, page 2

Prayer luncheon focuses on 'higher calling' for Soldiers

RACHEL PONDER APG News

Despite the icy winter weather, hundreds of Aberdeen Proving Ground employees, service members and guests attended the National Prayer Luncheon observance at Top of the Bay, Feb. 22.

The keynote speaker was Archbishop Edwin F. O'Brien, the Archbishop of Baltimore, who has a long history of serving in the military. The program

also featured inspirational music and scripture readings.

Col. Ruben D. Colon Jr., installation and command chaplain, hosted the event and Maj. Young Kim, deputy installation chaplain, gave the invocation.

Col. Jeffery Weissman, APG Garrison commander, spoke of values in his welcoming remarks.

"Thanks to all of you for participating today as we celebrate the moral and religious values upon which our nation was founded," Weissman said. "Our

Army is committed to the whole Lt. Col. Jonas Vogelhut, Joint chapter 10, verses 25-37, that Soldier — that includes his or her individual needs and the needs of the Family-physical, emotional and spiritual. Even though the people in this room come from many different walks of faith, we believe the Almighty hears our prayers, so we join together to lift up the Army in prayer."

The program included a recitation of the "Prayer for the Nation" by Lt. Col. Dennis Proffitt, chaplain of the U.S.

Project Manager, Nuclear Biological Chemical Contamination Avoidance, who read Hebrew scripture from the Torah, and Chaplain (Maj.) Robert Leathers from the 61st Ordnance Brigade who read scripture from the Bible.

O'Brien began his keynote speech by saying that he sees serving in the armed forces as a higher calling, not just a way to make a living. He referred Army Research, Development to the Parable of the Good help countries after the war, to fix and Engineering Command; Samaritan, found in Luke,

tells of a Samaritan that helped a stranger who others ignored.

"Isn't that what you are doing when you go in the service? You are willing to give your life to total strangers," he said. "We have an obligation to step in.

"Sometimes we have to step up and go to war, to protect what is good," O'Brien said. "Soldiers should tie their religious convictions to what they do.

'We also have an obligation to See PRAYER, page 3

Army announces Army **Contracting Campaign Plan**

Secretary of the Army Pete Geren announced Feb. 29 his Army Contracting Campaign Plan to address findings and recommendations from two previous independent reviews -- the Gansler Commission and the Army Contracting Task Force. Under the leadership of Acting Under Secretary of the Army Nelson M. Ford, the ACCP will enable the Secretary of the Army to execute recommended improvements to Army contracting.

The ACCP will continue ongoing efforts to identify and implement needed changes in doctrine, organization, training, leader development, materiel, personnel and facilities while coordinating efforts across the Army's force development process. The ACCP will also comply with Congressional reporting requirements outlined in Section 849 (b) (1) of the National Defense Authorization Act for Fiscal Year 2008 (Pub. L. 110-181). The ACCP will be used to integrate Army efforts with similar initiatives under the purview of Office of the Secretary of Defense.

Further, Secretary Geren recently directed the establishment of the U.S. Army Contracting Command as a major subordinate command of the Army Materiel Command and the realignment of the U.S. Army Contracting Agency under the AMC. This decision immediately implements the Gansler Commission recommendation to restructure Army contracting efforts and assign responsibility to facilitate contracting and contract management in expeditionary and U.S.-based operations.

The ACA presently provides contracting services for installation-level services and supplies and common-use information technology hardware, software and services. The realignment of ACA to AMC places the majority of the Army's contracting resources into one Army command which will provide a full-range of contracting services.

The ACC will be a two-star level command with two one-star level subordinate commands: an expeditionary contracting command and an installation contracting command. Specifics regarding the new command, its geographic locations, organizational structure and milestones for staffing these organizations with qualified persons are still being

For more information, call Department of Army Public Affairs, 703-697-7591/5344, or AMC Public Affairs, 703-806-8010.

Black History Month Potluck serves food and fellowship

RACHEL PONDER APG NEWS

Members from four Aberdeen Proving Ground organizations hosted a tribute to African Americans at the Annual Black History Month Potluck at the Gunpowder Club Feb. 27.

Employees from the U.S. Army Chemical Materials Agency, U.S. Army Research, Development and Engineering Command, Edgewood Chemical Biological Center and the Assembled Chemical Weapons Alternatives program donated food and their time for the event.

Attendees dined on an array of appetizing foods, like collard greens, black-eyed peas, chicken wings, pulled

pork, fried fish, sweet potatoes, pasta salad and red velvet cake.

They also had a chance to view a large collection of art celebrating African-American heritage.

"The potluck is a way to expose our heritage to workers on post," said Satchell Doyle Jr., who works as a chemical engineer project manager at ECBC. "This program displays the relevance of our history."

It also gave attendees an opportunity to meet and fellowship with people from other organizations.

"This post is not big but we are divided. Some of us work in the same building and do not get to see each other," said Cynthia Watson, Joint

See POTLUCK, page 13

Applying for Army Emergency Relief

MARGE FISSELL

AER is a private nonprofit organization incorporated in 1942 by the Secretary of War and the Army Chief of Staff. AER's mission is to provide emergency financial assistance to Soldiers and their Families.

Whom can AER help?

- Active duty Soldiers, single or married and their Family members • Army National Guard and Army Reserve Soldiers (under Title 10, USC) on continuous active duty for more than 30 consecutive days and their eligible Family members
- Soldiers retired from active duty for longevity or physical disability, and their Family members
- Army National Guard and Army Reserve Soldiers who retired at age 60, and their Family members

See AER, page 13

Army Contracting Agency implements Wide Area Workflow

ACA APG DOC

Wide Area Workflow is an E-Commerce initiative designed to automate commercial invoices and government receiving reports into a Web-based and paperless environment.

It is the Department of Defense's standard application for the electronic processing of invoices and receiving reports.

Users of WAWF input their invoices and receiving reports into WAWF via the Internet and the information is then routed through the system utilizing the vendor's Commercial Activity Code and the Government's most current Department of Defense Activity Address Code, or DoDAAC.

The Army has been working with the Defense Finance and Accounting Service to implement this application for the last several years. Many organizations have had the ability to use WAWF since November 2006, but have not made significant progress in utilizing this electronic commerce tool.

The Army Test Center and Army Medical Command

Government Entity, or CAGE, coordinated with the Directorate of Contracting and are now using this process.

WAWF requires the activities' active assigned DoDAAC be included in each contract action and that the requiring activities' inspection, receiving and invoice approving personnel are registered and activated in WAWF in order for the automated processes to work.

The activity point of contact must verify the DoDAAC at https://www.daas.dla. mil/daasing/, but know that this procedure requires a

login and password. Requesting and receiv-

ing activities' must ensure the information needed for Army electronic invoicing instructions are included on all purchase requests submitted to their contracting offices in order to utilize WAWF.

It is the requesting activities' responsibility to ensure data provided to the contracting office is current and accurate.

The information required for each purchase request must be clearly visible on it or provided as an attachment to the 410-278-2362.

electronic purchase request.

A link to a form that may be used as an attachment will soon be available on the Directorate of Contracting Web site under "Full Customer Service," "Announcements and News" at https://www.apg.army.mil/ apghome/sites/installation/ contracting.asp.

WAWF training is available online for both requiring activities and vendors at http:// wawftraining.com.

For additional information, call Martha Mitchem,

Army News

New ammo will decrease fragments in close urban environs

Story by **DARRYL HOWLETT**

Army News Service

A new type of ammunition is arriving in time to help Soldiers in dangerous urban landscapes, such as those in Iraq.

Brig. Gen. James E. Rogers, commanding general of the Joint Munitions Command at Rock Island, Ill., approved the full materiel release of the M-1030-12-gauge shotgun breaching cartridge in late 2007.

"The M-1030 is an anti-material cartridge designed to be used for defeating wooden doors (deadbolts, knobs and hinges) and padlock hasps," said R. Ned DeWitt, product manager of crew served weapons with the [U.S. Army] Armament Research, Development and Engineering Center. "The cartridge is functional with the Mossberg 500/590 and the Remington 870 shotguns. The cartridges will be tested in the XM62 Modular Accessory Shotgun System as part of the product qualification testing for the weapon."

The M-1030 is a Soldier-enhancement program that uses commercial-off-theshelf technology. The first requirement was approved by the U.S. Army Infantry Center

APG served as the testing area for the M-1030.

DeWitt said changes in combat from open field to urban environments drove the implementation for the changes.

"Since combat has migrated toward military operations in urban terrain, ballistic-breaching operations have increased. This necessitated the need for a specialized breaching munition capable of being fired from existing and future small arms weapons," he said.

The most important aspect of the new munition is its safety toward Soldiers.

"Current shotgun-ballistic breaching utilized 00 Buckshot cartridges that are not designed for breaching," DeWitt said. "Soldiers have suffered severe injuries during breaching operations utilizing buckshot cartridges," he said. "The frangible projectile of the M-1030 minimizes ricochet hazards currently associated with buckshot breaching and provides a much safer alternative to the Soldier."

DeWitt said the ammunition contractor, Alliant Techsystems Inc., will produce the ammunition in its plant in Minnesota, with ammunition orders already being filled by the Army, Marine Corps and the Navy.



Photo by STAFF SGT MARTIN K. NEWTON

U.S. Army Sgt. Christopher Harmon, from Bravo Troop, 5th Squadron, 3rd Battalion, 1st Brigade Combat Team, 73rd Cavalry Regiment, 82nd Airborne Division, executes a shotgun breach of a door lock during a house by house clearance operation in Aksabah, Iraq, Aug. 17, 2007. The Army recently approved a new anti-material cartridge, the M1030. The M1030 is designed as a breaching munition, used for defeating wooden doors, deadbolts, knobs, hinges and padlock hasps. The design of the munition minimizes ricochet hazards currently associated with buckshot breaching and provides a much safer alternative to the Soldier.

Army spouse writes about deployment struggles

ELIZABETH M. LORGE Army News Service

When Soldiers march off to war, so do their spouses, writes one Army wife in her new book. They fight to stay connected with their Soldiers across miles and distance, and to survive on their own.

In "365 Deployment Days: A Wife's Survival Story," Sara Dawalt chronicles the loneliness, anger and worry that nearly destroyed her marriage while her husband Brandon, a captain, was deployed with Fort Hood's 1st Cavalry Division in 2004, and her eventual triumph over it all.

Dawalt wrote the book to help people, and it's a useful handbook for spouses and Soldiers on the emotions to expect, what to do and what not to do.

Civilians should read it too, she said, so they understand what military Families go through.

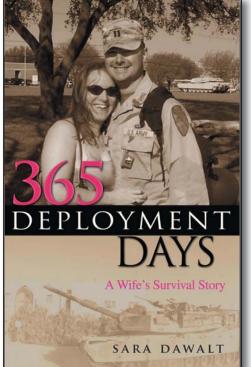
"The husbands need to read this book, or the wives, whoever is the Soldier, so they understand what their spouse is going through, because Brandon had no idea. I think a lot of times the guys get over there, and it's easy for them to compartmentalize their lives and if they don't call get that they're where they are. It's going to take husbands and wives communicating and really really talking to figure out what they can do for each other to make it through it," she said in an interview.

She knew her husband would eventually deploy after Sept. 11, 2001, and after he received his orders to deploy in March 2004, she began to withdraw and argue with him about little things.

"On more than one occasion, I shouted at him 'Just go!' Of course, I didn't want him to go, but knowing it was out there and drawing nearer every day was swallowing me alive. The only way I found to express my frustration was to scream," she wrote.

Dawalt described barely being able to handle waiting with her husband for their final goodbye when the departure date arrived. At one point she almost went home because she couldn't bear it any longer. But after his unit left, the loneliness was crushing.

"I was alone," she wrote. "Totally, completely, and utterly alone, and there was nothing I could do about it...I felt the



overwhelming urge to talk to someone, anyone, to decompress and rant about the unbelievable night I had just experienced. or they don't e-mail, it's easier for them I felt so many emotions that I thought I to focus on what they're doing and for- was going to explode, but who do you call at four in the morning? No one I knew... Instead, I huddled up with my dog, cried and tried to sleep.'

> Dawalt provides a window into her daily life during the deployment: her daily jumble of emotions, her erratic sleep schedule, the healing power of exercise, retail therapy and the sanity-saving companionship of her dog.

> Her life became about the deployment, and not only because of her worry and loss. She couldn't watch the news.

Friends she hadn't heard from in years called to check up on her, but most people wanted to know about her husband. If they remembered to ask how she was doing, it was usually an afterthought.

"Of course, they should ask about him and be concerned about him, but I really felt like I was just disappearing in his deployment. I was like, 'Hey, I'm a person too.' So, I'm hoping that by reading, more and more people will start to understand. I think that's the biggest thing. People need to know to ask about the person who's still here, trying to hold the life together," she said.

However painful life is, Dawalt warns spouses against shutting themselves in. A support network is crucial, she said, and spouses should spend time with their friends and doing activities they enjoy. Nor should spouses be afraid to take vacations on their own or with battle buddies, or plan trips after their spouses' return. It will make the time go faster, she said.

But husbands and wives have to find ways to stay connected, she said. Her new-found independence came with a price as instant messaging and Web cameras, interspersed with a couple calls a month, were not enough communication

As the months stretched out, she realized that she felt less and less like a wife. She still loved her husband, but she couldn't cope. She didn't want to talk about her feelings because she didn't want to worry him or distract him while he was in combat.

"It's really hard to reconcile," she said. "You feel like you're being pulled in two different directions. You want your independence and you like your independence. You're part of a married couple, but you're not because he's not physically there. It was very hard for me and that's when I started reflecting on myself and my life and realizing I couldn't wait for him for my life to start.

"That was the worst part, feeling totally disconnected from him. Being married, that wasn't something I ever thought I would experience," Dewalt said.

She was so afraid she would let her feelings show, she barely wanted her husband to come home for rest and relaxation. When she finally did break down, right before he returned to Iraq, she said it was the best thing that could have happened to her marriage. She and her husband talked honestly, and he understood how hard life was on the homefront. They found ways to talk regularly for the rest of his deployment, and talked almost daily during his second deployment, which just ended.

"My husband has volunteered to be a hero every day, and I couldn't be prouder of him. The bad, of course, is our time apart and the danger of deployment. The best part is that the adversity the Army has added to our life has strengthened my knowledge of myself and my marriage to the point that both are rock solid," she wrote.

Modified M1-A2 Abrams Tanks improve safety, precision

Story by PFC APRIL CAMPBELL Army News Service

Technicians are modifying M1-A2 Abrams tanks in Camp Taji, Iraq, to make them safer and more precisioneffective in the dense, urban Baghdad environment.

Four Multi-National Division-Baghdad tankers with the 3rd Brigade Combat Team, 4th Infantry Division with these equipment modifications are taking place in the form of the Tank Urban Survival Kit which is being added to their M1-A2 Abrams tanks.

These TUSK additions include an increase to the Soldiers' safety and the tanks' effectiveness in operations in this area north of Baghdad. They are currently being installed in Abrams tanks throughout MND-B by General Dynamics, a government contractor responsible for fielding, issuing and the maintenance of these systems.

The modifications include a new driver's safety seat, improved tank armor and vision enhancements, as well as an attached sniper rifle, said Shawn Safford, a senior tank systems technician in MND-B for General Dynamics.

Sgt. 1st Class Sean Rinder, who serves as the platoon sergeant for 2nd Platoon, Company C, 1st Combined Arms Battalion, 68th Armor Regiment, 3rd BCT, operated the Abrams during the unit's previous deployment in the more rural provinces of Diyala and Salah al-Din.

"Last time I was here, I had to reload the .50-cal. machine gun while I was in contact," he said. "I had to expose myself from the waist up to do that."

With the new cupola armor, Rinder said, he would not be as exposed if he were in the same situation.

While he said he has always been confident in his equipment and crew, the modifications will add to that security

The increased level of security is echoed outside the tank as well. Tankers are able to more precisely target an enemy with a decreased risk to the surroundings because a gunner's sniper rifle has been added to the tank.

'We're still lethal at long ranges without destroying everything. The sniper rifle mitigates the collateral damage," said 2nd Lt. Frank Simmons, who serves as the platoon leader with 2nd Platoon, Company C, 1-68 AR.

"The new visual aids will also help the Soldiers target enemies with more precision. These devices will assist the tankers in positively identifying enemies," said Sgt. Albert Arca, a tank gunner with 2nd Platoon, Company C, 1-68 AR. "The improved safety features mean greater piece of mind when conducting missions in sector and will allow us to focus more on the mission."

(Editor's note: Campbell serves with 3rd Brigade Combat Team Public Affairs.)

Reset pilot

From front page

In phase three Soldiers begin the collective training tasks and field training exercises that prepare them for upcoming deployments.

The difference, said Egbert, isn't in the process but in the focus on transitioning into a balanced rotation of one-year deployments to two-year dwell periods for active component units and one-year

deployments to four-year dwell periods for the reserve-component units as part of Army Force Generation.

The Reset pilot involves eight active component and five reservecomponent redeploying units:

- 82nd Airborne Division Headquarters
- 1st Brigade Combat Team of the 3rd Infantry Division
- 4th Brigade Combat Team of the 25th Infantry Division
- 2nd Brigade Combat Team of the 82nd Airborne Division
- 173rd Infantry Brigade Combat
- 82nd Combat Aviation Brigade • 43rd Area Support Group
- 864th Heavy Engineer Battalion • 116th Infantry Brigade Combat Team (National Guard)
- 111th Engineer Brigade (Nation-
- 478th Engineer Battalion (Army
- Reserve • 325th Combat Support Hospital
- (Army Reserve)
- 396th 396th Engineer Company (Army Reserve)

These units will test the new Reset model in order to determine the institutional adjustments required to support implementation for the entire Army.

"The Army is using these units to identify how the Army as an institution has to adapt is processes and policies to implement this kind of a reset plan," Egbert said. "After testing this fifteen-month plan, we'll work toward progressing to an eighteen-month dwell and eventually the full two-year dwell period."

Army commands, in conjunction with Department of the Army Headquarters, will monitor the Reset pilot to ensure required tasks are implemented to standard, Egbert said

"Army leadership is committed to restoring balance to preserve the allvolunteer force, restore necessary depth and breadth to Army capabilities and build essential capacity for the future," Egbert said. "Standardizing Reset processes is key to restoring balance in the Army and maintaining the quality of capabilities the Army provides the nation."

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21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor@apg.

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Suicide Prevention Task Force Program starts in CONUS

SARAH MAXWELL

Fort Detrick Public Affairs

Special to the U.S. Army Center for Health Promotion and Preventive Medicine

In an effort to keep Soldiers and their Family members spiritually, emotionally and mentally fit, the Suicide Prevention Task Force process developed in Europe is being implemented at some Army installations in the continental United States.

U.S. Army Center for Health Promotion and Prevention Medicine Europe representatives briefed military medical professionals on their SPTF efforts at installations across Europe during a presentation last summer at CHPPM's annual Force Health Protection Conference. Since then, CHPPM is replicating the process at Fort Lewis, Wash., and other CONUS sites to be determined.

The process is not intended to replace the current Army G-1 Suicide Prevention Program; it is intended to focus on prevention strategies. The strategies pull together existing installation resources that address personal issues such as mental health, relationships, finance—issues that are known to contribute to suicidal thinking.

"The Army already has a suicide intervention model established—that's not what we are focused on," said Kym Ocasio, chief of Health Promotion and Wellness at CHPPM West, Fort Lewis, and one of the developers of the process. "As well, the Army already has a lot of great health and wellness programs. We don't think brand new ones need to be developed, but we need to standardize what we already have."

In addition to standardization, Ocasio and the other health promotion coordinators at CHPPM Europe wanted to move the focus away from the act of suicide to those interventions that may stop people from taking their own lives.

"We believe the SPTF needs to focus on the word 'prevention,' which is about more than reviewing suicide statistics. We look at things like dealing with depression and loneliness, stress management and the many factors that influence behaviors before a person considers suicide," she emphasized. "The SPTF looks at what resources are available, how they are accessed and how they are marketed and integrated within the community."

The goal is to make these resources well known and to create synergy among

The idea for SPTF was born from an inspection in the late 1990s, which found that European installations had many good health and wellness programs, but that they were often stove-piped and unrelated to each other. If a Soldier or Family member was stressed out and drinking as a result, for example, he or she could find help for alcohol abuse, but wouldn't necessarily know where to go to address the root cause of the problem, stress.

In response, health promotion councils were developed, including subject-matter experts on issues such as stress management, substance abuse and Family counseling to collaborate and to help commanders make fact-based decisions. The councils were charged with identifying the indicators of someone who might need more than just one organization's help. Resource guides were published on garrison Web sites to increase Soldiers' and Family member access to available information and services.

The goals were to prevent gaps and overlaps in services, Ocasio said.

The process was further streamlined in Europe, she said, to address the new needs of an Army population dealing with wartime deployments and combat stress.

"Sometimes people need a little more support," said Maj. Kathi Hill, a nurse who served as the liaison between the medical services and the health promotion council in Giessen, Germany's prevention task force. "The Army has many programs that they've developed. Soldiers are inundated—overwhelmed, especially when they're depressed or stressed."

Working with many deployable units, Hill said the task force was able to help Soldiers and their Families by easily referring them to the services they needed without them getting lost in the system. The team she worked with was aligned with Family readiness groups and other community organizations, so when someone reached out, they felt more comfortable asking for help, she said.

"One of the biggest benefits of the program is it de-stigmatized the issues related to care and access to care," Hill said. "I think it will be great to see it fielded [in the states]."

Although standardization of the Suicide Prevention Task Force process is in its infancy in the states, two garrisons will soon have health promotion coordinators, Ocasio said.

"We need to prove the model makes sense in CONUS as well as Europe," she said. "If we can approach things holistically - mentally, physically and spiritually—then we can create a more stable and better equipped Army all around."

Chapel News

Holy Season worship schedule

Easter Sunrise Service will traditional Irish meal be held 7 a.m., March 23, in front of the Main Post Chapel. Sunday mass

Aberdeen Area **Protestant services**

- Regular worship is Sun- Friday service 6 p.m.
- day, 10:15 a.m. • Through March 19, Lent- Liturgy en Lunches will be held in the fellowship hall

Gospel

- Regular worship is Sun-
- day, noon • March 21, 7 p.m., Christ Seder Meal and Service will be **Edgewood Area**

held in the fellowship hall **Catholic services**

- Regular mass is Sunday, 8:45 a.m.
- March 15, 6 p.m., St. Patty's Day monthly social, with

- March 21, 3 p.m., Stations of the Cross; Good
- March 21, 7 p.m., Solemn
- March 22, 7 p.m., Easter Vigil mass
- March 23, 8:30 a.m., Easter Sunday mass. An Easter egg hunt will be held after services.

Protestant services • Regular worship is Sun-

day, 9:15 a.m. **Catholic services**

• Regular mass is Sunday, 10.45 a m

- March 14, 6 p.m., Stations Road, Parkville, Md. • March 16, 8:30 a.m., Palm of the Cross, Soup and Bread • March 16, 10:45 a.m., Palm 410-663-9677.
 - Sunday mass
 - March 20, 7 p.m., Holy Thursday Mass
 - March 23, 10:45 a.m., Eas-

ter Sunday mass **Jewish services**

Jewish worship services will be held at the Harford Jewish Center, Temple Adas Shalom located on 8 N. Earl-

ton Road, Havre de Grace. For more information, call 410-939-6593 or e-mail

hjcmd@comcast.net. **Islamic services**

Islamic worship services will be held at the AM-NUR Foundation, 10012 Harford

For more information, call

Prayer

From front page

what is broken," O'Brien added. "I have a deep respect for what you do. I consider it an honor when I speak to the military."

O'Brien said he ministers to veterans in his parishes, and makes an effort to thank them for their service. He encouraged luncheon attendees to do the same.

After his address, retired Chaplain (Lt. Col.) John Bauer presented a plaque to O'Brien for his outstanding service in the military.

Retired Lt. Col. Raymond Astor, vice commander of Catholic War Veterans, arranged for O'Brien to receive the plaque.

"I thought it was a great program," Astor said. "The Archbishop gave an outstanding explanation of the 'just war.' He also asked everyone to support the Reservists and National Guard Soldiers returning from the war."

"This was a reminder that serving one's country is a calling, not just a job," said Cathy Heimerl, a retired English teacher from Aberdeen High School. "The emphasis on the spiritual side of the daily job, more than just that in order to do the job that military and civilians are called to do, they need strength from a spiritual source. I also thought it was exciting to see Archbishop O'Brien in person."

All military personnel and veterans are invited to join the Catholic War Veterans by calling Astor, 443-690-6068.

Community Notes

SATURDAY

MARCH 15 WHITE-TAILED DEER **SURVEY**

Harford County seems to be experiencing explosive population growth and not just with humans.

Help determine if the deer population of Leight Park and the Bosely Conservancy is a healthy size.

Come get the scoop on poop and conduct pellet (deer scat) counts out on the trails to determine how many deer call the park home. This program will be held 9 a.m. to noon for ages 16 to adult. The program is free but registration is required.

For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

HERP SURVEY AND COVERBOARD STUDY

Become a citizen scientist at Leight Park. Learn to identify reptiles and amphibians found locally, and practice survey techniques using coverboards and study quadrants.

Sign up for a survey team that will check the sites once a month, March through October. Twelve volunteers are needed for two hours a month. This free program will be held 1 to 3 p.m. for ages 11 to adult; ages 11 to 13 must be accompanied by an adult. Registration is required.

For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

ST. PATRICK'S DAY **DINNER AND DANCE**

American Legion Edgewood Service Post 17, located on 415 Edgewood Road, will hold a St. Patrick's Dinner and Dance, 6 to 11 p.m. Dinner will be served 6:30 to

8 p.m. Tickets cost \$20 per

Dinner includes corned beef, ham, cabbage, potatoes, green beans and dessert. For more information, call Carol Carden, 443-506-6561, e-mail countrycamper@ mris.com.

BASKET BINGO

Level Volunteer Fire Company, located on 3633 Level Village Road, will hold Basket Bingo. Doors open 6 p.m., Bingo starts at 7 p.m. Basket Bingo is for all ages. Tickets cost \$10 in advance and \$12 at the door. Cost includes 20 regular games, baked goods, refreshments and a 50-50 will be offered. Proceeds to benefit Level VFC Safety Camp. For more information or to purchase tickets, call Rhonda Polk, 410-272-3771, e-mail lifesaver911@comcast.net; or Patty, 410-378-3903, e-mail Pattykakesrn@aol.com.

SUNDAY MARCH 16 **DISCOVERY WALK**

Join a naturalist on a nature walk to discover what creeps, crawls and flies around Leight Park.

This free program will be held at 10:30 a.m. for all ages. No registration required.

For more information or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

PURIM - A JEWISH CELEBRATION OF FREEDOM

The Temple Adas Shalom Harford Jewish Center, located on 8 North Earlton Road Extended, Havre de Grace, will hold a Purim Festival, noon to 3 p.m.

For more information, call Jonas Vogelhut, 410-436-4102, e-mail jonas-vogel-

person or \$35 per couple. hut@us.army.mil.

OSPREY

"fish hawk" and hike the shoreline and parking lots of Leight Park to sneak a peek of a day in the life of the osprey. Binoculars provided. This free program will be held 12:30 to 1:30 p.m. for ages 5 to adult; ages 5 to 11 must be accompanied by an adult. Registration is required.

For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-

EASTER BUNNY VISITS AMERICAN LEGION POST 17

Children from infant through 11 years of age can visit the Easter Bunny, 2 to 4 p.m, wood Service Post 17, locat-Legion Auxiliary will sponsor this free event. Children can have photos taken, enjoy cupcakes and juice. Everyone will receive a free goody bag.

MONDAY

MARCH 17 ST. PATRICK'S DAY **GAME NIGHT**

The Havre de Grace Maritime Museum located on 100 Lafayette Street, Havre de Grace, will hold a St. Patrick's Day Game Night, 7 p.m. Events include a night of games, food, pub-style refreshments, drinks and fun. Participants can learn traditional tavern games. Suggested donation is \$2 for non-members, members are free.

RETURN OF THE

Learn the life history of the

879-2000, ext. 1688.

at American Legion Edgeed on 415 Edgewood Road. Edgewood. The American

For more information, call Carol Carden, 443-506-6561, e-mail countrycamper@ mris.com.

For more information, call 410-939-4800.

WEDNESDAY MARCH 19 RETIRED FEDERAL EMPLOYEES MEETING

Susquehanna Chapter 1522 of National Active and Retired Federal Employees Association for Harford and Cecil counties will meet 11:30 a.m. at the Havre de Grace Methodist Church social hall located on Congress and Union avenues. A light lunch with potluck will be served. Guest speaker Roy White of Edward Jones will discuss "Investing in Retirement". A business meeting will follow at 1:15 p.m.

For more information or for reservations, call 410-939-3973.

THURSDAY MARCH 20

PURIM - A JEWISH CELEBRATION OF FREEDOM

The Temple Adas Shalom Harford Jewish Center, located on 8 North Earlton Road Extended, Havre de Grace, will hold a Purim Megillah Reading (the Book of Esther) and worship service, 6:30 to 9 p.m.

For more information, call Jonas Vogelhut, 410-436-4102, e-mail jonas-vogelhut@us.army.mil

FRIDAY

MARCH 21 NO SCHOOL NATURE WALK

Wondering what to do with the kids when school is out? Why not take the day and spend some quality time with them in the woods? Bring some water, binoculars or even a lunch and have a picnic with the kids when the hike is over. This free program will be held 9:30 to 11:30 a.m. for ages 5 to adult; ages 5 to 10 must be accompanied by an adult. Registration is required.

For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

FULL MOON FRIDAY NIGHT

Wander the trails of Leight Park by the light of the 'Worm Moon' on day two of Spring 2008. Frogs should be calling, but will the worms be wiggling? This free program will be held 7:30 to 9 p.m. for ages 5 to adult; ages 5 to 12 must be accompanied by an adult. Registration is

For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

SATURDAY

required.

MARCH 22 WORMS, WORMS AND MORE WORMS

Think worms are not gross? Then this is the perfect program. Investigate how worms do "their thing" and then make mini-environments to take home. The program will be held 3 to 4 p.m. for ages 5 to 10. Cost is \$4 per person. Registration is required.

For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

BASKET BINGO

Basket Bingo to benefit the Ladies Auxiliary to the Water Witch Fire Company will be held at VFW Post 8185 located on Route 222, Port Deposit. Doors open 6 p.m.; Bingo begins at 7 p.m. Tickets cost \$12 per person for all paper cards. Food, beverages, baked goods, door prizes and raffles will be available. For more information, call Anne Gibson, 410-378-3338, Bonnie Perkins, 410-378-2376, or Stephanie Gibson, 410-378-2672.

(Editors Note: More Community Notes can be seen at www.apgnews.apg.army.mil under Comm. Notes.)

Legal notice

Anyone having claims against or is indebted to the estate of Pfc. Bobby Ray Lerma, Company C, 143rd Ordnance Battalion, should contact the Summary Courts Martial Officer, Capt. Henry Payne, 443-307-1772, or e-mail henry.r.payne@ us.army.mil.

receive an e-mail reminder of their scheduled time.

Bring a favorite story or one will be provided.

For more information or to volunteer, call Wendy Kosik Chaney, president, Parent Child Care Association (PCCA), 410-306-0901, e-mail apg pcca@yahoo.com.

Class 02-08 accepting items for 'Baby **Bundles'**

Class 02-08, Company E. 16th Ordnance Battalion will conduct a fund raiser, 10 a.m. to 3 p.m., March 15, at the Main Exchange, Commissary and Wal-Mart, located on 645 S. Philadelphia Blvd., Aberdeen, to create "Baby Bundles" for Army Community Service's Parents and Children Together (PACT) program. "Baby Bundles" provide items a newborn needs in a bundle, to new mothers.

Donation boxes also will be available for drop-off March 16 through 22, at the Main Exchange, Commissary, Swan Creek Inn, the APG Athletic Center and Wal-Mart. Cash donations are welcome.

Donations needed include baby wipes, rattles, socks, 'onesies,' baby lotion, baby wash, Q-tips, spoons, wash cloths, pacifier, outlet covers and more. Cash donations are also welcomed.

For more information, call Lt. Graham Gustafson, 320-360-4131.

Dining facilities serve Irish specialty meal

The Irish Specialty Meal will be held in the Aberdeen and Edgewood Area dining facilities, buildings 4503, 4219 and E-4225, 5:30 to 7 p.m., March 18. During this event all military personnel, Family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$3.85 applies to any officer, enlisted member, and Family member of sergeant or above, DoD civilian, retiree and their guests. The discount meal rate of \$3.30 applies to spouses and other Family members of enlisted personnel in ranks private through specialist/corporal.

The Irish Specialty Meal Menu includes: potato and leek soup, Shepperd's pie, glazed corned beef, Irish chicken snd dumplings, fish and chips, Dublin coddle (bacon and pork sausage) boiled red potatoes with dill, freedom fries (chips), steamed cabbage, seasoned carrots, pickled beet and onion salad, creamy cole slaw, assorted salad bar, hot rolls, assorted breads, assorted desserts, soft serve ice cream with assorted toppings, assorted condiments and assorted beverages.

Note: Menu is subject to change without prior notification.

For more information, call Edward Parylo or Ernest Green, 410-306-1393/1398.

Post Deployment Support Group meets at APG

- A "Soldiers" (Sailors, Airmen and Marines) Post Deployment Support Group will be held 6:30 to 7:30 p.m., every Thursday at the Aberdeen Area Chapel Conference Room.
- The group is "open," which means no appointment necessary.
- The group is "confidential," which means that no record is kept of attendance.

The purpose of the group is to offer a safe place to talk about post deployment issues and find answers to questions.

For more information, call Joseph O'Rourke, 410-278-1755; Dr. David Pollin, 410-278-1715, or Chap. (Maj.) Robert Leathers, 410-278-9313.

Registering for the Bataan Memorial

Death March

The 19th Annual Bataan Memorial Death March will be held at White Sands Missile Range, N.M., March 29. in honor of the heroic service members who defended the Philippine Islands during World War II, sacrificing their freedom, health and, in many cases, their lives.

The event is open to military (active duty, Reserves, National Guard, ROTC, JROTC or retired) and civilian teams and individuals in either heavy or light divisions.

Participants may choose either the green route (26.2 miles) or the blue route (15.2 miles) where elevation varies from 4,100 to 5,300 feet. The blue route is designated for participants who would like to memorialize Bataan but do not wish to march the full 26.2mile route.

Mail-in registration must be postmarked no later than March 16. Online registration closes midnight (Mountain Standard Time) March 23.

For more information or to request a mail-in form, call the White Sands Missile Range Community Events Office, 575-678-1256. E-mail questions and comments to bataan@conus. army.mil. E-mail questions regarding rules to bataanrules@ conus.army.mil.

'Retired Federal **Employees' meets** March 19

Susquehanna Chapter 1522 of National Active and Retired Federal Employees Association for Harford and Cecil counties will meet 11:30 a.m. at the Havre de Grace Methodist Church social hall located on Congress and Union avenues. A light lunch with potluck will be served. Guest speaker Roy White of Edward Jones will discuss "Investing in Retirement." A business meeting will follow at 1:15 p.m. For

more information or for reservations, call 410-939-3973.

Post Shorts

RAB meeting March 27

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., March 29, at the Edgewood Senior Center on Gateway Road.

The topic of the meeting will be an update on the Canal Creek and J-Field Study Areas.

Board meetings are open to the public; all APG employees and citizens are invited.

For more information, call

the Information Line, 410-272-8842 or 800-APG-9998.

CPR, AED classes available

The Aberdeen Proving Ground Fire and Emergency Service is offering CPR and automated external defibrillator classes on APG.

Two classes will be held 9 a.m. to noon and 1 to 4 p.m., the third Wednesday of each month.

In the Edgewood Area, classes will be held at the Gunpowder Club, building E-4650 in the Osprey Room, on April 16, June 18, Aug. 20, Oct. 15

and Dec. 17.

In the Aberdeen Area, classes will be held at the Post Theater, March 19, May 22, July 16, Sept. 17 and Nov. 19.

Class size will be limited to 30 participants and will be filled on a first-come-first-serve basis. Pre-registration will be required.

For more information or to register, call Raymond Campbell, 410-306-0566, or e-mail Ray.Campbell@apg. army.mil.

(Editors Note: More Shorts can be seen at www.apgnews. apg.army.mil under Shorts.)



IRS corrects myths about stimulus payments

The Internal Revenue Service is setting the record straight on several issues surrounding the administration of the 2008 economic stimulus payments. Approximately 130 million taxpayers will receive a payment of at least \$300 beginning in May 2008.

"The latest and most complete information on stimulus payments is at IRS.gov," said IRS spokesman Jim Dupree. "We want to dispel the myths and make sure people know the facts about these payments and what to expect."

Myth: I have to report the payment I receive this year as income and pay tax on it.

Fact: The payments are not taxable and will not have a negative effect on your 2008 tax return, filed in 2009.

Myth: Economic stimulus payments will reduce my refund when I file my 2008 taxes.

Fact: The payments will not reduce your refund next year. In fact, if your stimulus payment is less than the maximum amount (up to \$600 for individuals or \$1,200 for married couples filing jointly, plus up to \$300 for each qualifying child) it is possible to receive an additional credit amount, up to the maximum, on your 2008 tax return. If your advance payment is more than the credit calculated on your 2008 tax return, you will not have to

Myth: The payments are automatic for everyone. I can do nothing and just wait to receive my payment.

Fact: You must file a federal tax return to receive a stimulus payment. The vast majority of taxpayers need do nothing more than file their taxes as usual to receive their payment. However, millions of people who normally don't file a tax return who received at least \$3,000 of Social Security, Railroad Retirement, certain Veterans benefits, or a small amount of earned income will need to file a simple Form 1040A to receive a minimum payment of \$300 for individuals or \$600 for married couples.

Myth: Filing taxes is too much of a hassle. I can't do them myself, and I can't afford to pay a pro.

Fact: People who normally are not required to file can use a special, simple version of a Form 1040A to qualify for a stimulus payment. Only a few lines of the form need to be filled out. If you need help, take advantage of free tax preparation sites throughout the state for low-income and elderly taxpayers. Volunteer Income Tax Assistance and Tax Counseling for the Elderly are IRS-sponsored programs providing free help to lowincome taxpayers and seniors in your community.

Myth: Everybody is eligible for a stimulus payment. Fact: People with incomes above the phase-out (\$75,000 for

individuals; \$150,000 for married couples filing jointly), indi-

repay the difference. Special economic stimulus payment packages go to social security, veterans recipients

Form 1040A.

said. "People can help friends

and Family members by mak-

ing them aware of the payments

or helping fill out the forms.

These forms are very simple.

In just a few minutes you can

complete the entire process by

included in the tax package and

is available at www.IRS.gov.

People need to complete the

lines for the mailing label and

provide a Social Security num-

ber; the filing status (single or

married) and exemptions (chil-

dren younger than 17 and their

income must complete Line

7 to report their 2007 annu-

al income. Recipients of

Social Security, VA and Rail-

road Retirement payments

must complete Line 14a of

Form 1040A to report their

2007 annual benefits. Cer-

tain recipients should have

a Form SSA-1099 or Form

RRB-1099 with that informa-

tion. Or, people can multiply

their 2007 monthly benefit

by the number of months

the payment was received for

2007 to estimate their annual

People with earned

Social Security numbers).

A sample Form 1040A is

filling in just a few lines."

Starting the week of Feb. 18, the Internal Revenue Service will mail special information packages to 20.5 million recipients of Social Security or Veterans Affairs benefits to help them get their 2008 economic stimulus payment.

The 10-page tax package contains everything the recipients will need to file a 2007 tax form immediately. Each package contains an informational notice, tips for completing Form 1040A, a sample Form 1040A and an actual Form 1040A for the filer to complete.

The package is specially designed for people who may qualify for an economic stimulus payment but who normally aren't required to file a tax return.

"We want to put everything right at the fingertips of the people who need this information the most," said Linda E. Stiff, acting IRS commissioner. "In some cases, seniors and others in this group haven't needed to file a tax return for years or even decades. To help them get a stimulus payment, we're doing everything we can to make this as easy as possible. These packages mean many people will just need a pen and a stamp, and the IRS will do the rest."

Under the Economic Stimulus Act of 2008, people may be eligible for the minimum payment of \$300 (\$600 for married couples) even if they do not normally file a tax return. There also is an additional payment of \$300 for people with eligible children younger than 17. However, people must file an income tax return in order to receive the payment.

People who don't normally need to file also can use Free File – Economic Stimulus Payment http://www.irs.gov/ **html**, which is available at

making their products available for the simplified filing of

"These stimulus payments have the potential to help people in real need and stimulate our economy," said Tom Nelson, AARP's chief operating officer. "The IRS, through efforts like this, is doing a great job of informing people that they might be eligible for a stimulus payment, offering step-by-step guidance on how they can apply, and what scams they need to avoid."

To qualify for the minimum economic stimulus payment, people must have at least \$3,000 in any combination of qualifying income from retirement, disability or survivors' benefits from the Social Security Administration; disability compensation, disability pension or survivors' benefits from the Department of Veterans Affairs; Tier 1 benefits from Railroad Retirement, certain combat pay and earned income from wages, salaries, tips or net earnings from selfemployment that are includible in taxable income.

The mailing list of 20.5 million names represents Social Security and Veterans Affairs benefit recipients who did not file a tax return in 2006, allowing the IRS to directly target the special package to people likely to qualify for a stimulus payment but who may not otherwise file a tax return this year. The mailing, called Package 1040A-3, is separate from more than 130 million other economic stimulus letters (Notice 1377) being sent this month to taxpayers who filed tax returns in 2006.

Generally, the special mailing does not include lowwage workers without a filing requirement who could qualify for economic stimulus payefile/lists/0,,id=179739,00. ments. The IRS is working with numerous community, www.IRS.gov. Several free governmental organizations

file software providers are and charitable groups to reach benefit amount. low-income workers and their

The IRS encourages recipfamilies. People in this catients to complete the direct egory also need to fill out a deposit information on the tax form, preferably a simple Form 1040A if they have bank accounts. Direct deposit will be the easiest and fastest way With so many people potentially unaware of the stimulus to receive a payment. The IRS payments, Stiff encouraged also encourages people to file people to reach out to help their their income tax return as soon friends and Family members. as possible. The IRS will begin "We don't want anyone to issuing economic stimulus fall through the cracks," Stiff payments starting in May.

> The IRS reminds taxpayers it does not gather information for stimulus payments over the telephone, and it does not send unsolicited e-mail to taxpayers about tax account matters. If taxpayers receive an unsolicited e-mail from someone claiming to be from the IRS, don't click on any links. People should forward it to phishing@ irs.gov, and then delete it. The only official IRS Web site is located at www.irs.gov.

To be eligible for economic stimulus payments, people must have valid Social Security numbers, have at least \$3,000 in qualifying income and not be a dependent or eligible to be a dependent on someone else's income tax return.

For taxpayers who normally file an income tax return, the maximum stimulus payment is \$600 (\$1,200 for married couples), amounts that will phase out starting with adjusted gross income of \$75,000 (\$150,000 for married couples). For taxpayers who file a 2007 income tax return, the amount of the economic stimulus payment will be calculated automatically by the IRS.

viduals not otherwise required to file a 2007 tax return with less than \$3,000 in qualifying income, nonresident aliens, persons who do not have a valid Social Security number, individuals who can be claimed as dependents on someone else's return, and individuals who file Form 1040NR, Form 1040PR or Form 1040SS are not eligible for the stimulus payments.

Myth: I've heard that there is a schedule saying payments won't be mailed until July or later. I need my monev now.

Fact: The Treasury will begin sending stimulus payments starting in early May, continuing through the late spring and summer. The IRS will soon release the official 2008 stimulus payment direct deposit and mail-out schedule. The fastest way to get a stimulus payment – or any refund for that matter – is to e-file taxes and elect to have the money directly deposited into a checking or savings account.

rmy testing privatized housing for unaccompanied Soldiers

Story by **C. TODD LOPEZ** Army News Service

As part of the Residential Communities Initiative, the Army is privatizing housing for Soldiers and their Families, and a pilot program under RCI is also providing billeting for unaccompanied noncommissioned officers and officers.

Irwin, Calf.; Fort Drum, N.Y.; Fort Stewart, Ga.; Fort Bragg, N.C.; and Fort Bliss, Texas - the Army's commercial partners under RCI are building privatized apartments for unaccompanied Soldiers.

On Fort Irwin, 200 new apartments fill a gap in the commercial housing market off post, Public and Private Initiatives and Competitive Sourcing Division chief for RCI.

"Before we begin, we look out into the economy to see if there is something that is adequate, that meets the standard and is affordable," Bolden said. "If there is nothing there, like at Fort Irwin, then you can do some pilot programs like this one."

The apartments at Fort Irwin are occupied by single Soldiers - sergeant first class and above - that would normally be allowed to move off post on their own. Those Soldiers pay rent to the private owners of the apartments using their basic allowance for housing.

Deals for privatized apartments at Forts Drum, Bragg and Stewart all closed in the last

At five installations - Fort said Ivan Bolden, the Army's seven months, and the privatization deal at Fort Bliss is expected to close this year. By the end of 2009, the Army expects to have some 1,400 one- and twobedroom apartments available under the program.

Currently, the privatized apartments for unaccompanied Soldiers is part of a pilot project, similar to how RCI began in the mid-1990s. Bolden said any further expansion of the program would require an assessment of its initial success and further approval by the Army.

"We will look at how the program goes, do a study, and probably at some point in a couple of years go back to the Army and show them the results and the lessons learned. Then we will make recommendations," he said.

Under RCI, private com- challenges in the Army, you panies lease the land military housing is on and then buy the homes. Those companies then remodel the homes or tear them down and build new ones. The homes are then occupied by Soldiers and their Families who use their basic allowance for housing to pay the rent.

The Army has been privatizing homes under RCI since about 1998, Bolden said.

The program helps the Army avoid the cost of replacing inadequate housing and at the same time eliminates housing deficits when there are gaps in the commercial housing market.

"We realized we had about a seven-billion dollar backlog of maintenance and repair costs in Army housing," Bolden said. "And with the different are brand new homes."

can only do so much with the budget. Unfortunately, commanders had to fight for base operations dollars. When you measure that against beans and bullets, or training, you know we didn't come up as high on the priority list."

The Army is currently on track to meet its goal of privatizing some 88,000 Army Family housing units - representing about 99 percent of all Army Family housing in the United States - by 2016.

"At the end of 2007, we had about 35 to 37,000 homes left that are deemed inadequate." Bolden said. "We'll be out of that by 2016. Right now we've got [more than] thirteen homes a day coming online, and those

Army realizes energy savings with housing privatization

Story by **C. TODD LOPEZ** Army News Service

Where Army housing has been privatized, the service has found energy usage has dropped by as much as 10 percent.

In Army privatized Family housing under the Residential Communities Initiative, some Soldiers are now getting a statement each month that lets them know how much gas and electricity their Families have consumed. Soldiers must pay out-of-pocket for the amount of energy their Families use beyond a baseline. The "Soldiers Responsible for Their Utilities" program is responsible for the decrease in energy consumption.

"As a result of this, where we are actually doing live bill, we have noticed a ten-percent decrease in the amount of energy consumption," said Ivan Bolden, the Army's Public and Private Initiatives and Competitive Sourcing Division chief for RCI.

In privatized homes, the commercial partners and the Army have worked together to set a baseline for energy consumption. The baseline is an estimate of the amount of energy occupants in a home should use, based on such things as the size of the home, its age, the number of occupants and the season.

Soldiers whose Families meet this baseline pay nothing at all. But Soldiers whose Families exceed the baseline beyond 5 percent must pay for that extra energy. Soldiers whose Families have energy conservation strategies in place and end up using less energy than what is expected will get a rebate check.

"About a third of Soldiers are falling in the middle, a third are getting checks or rebates and the other third are having to pay," Bolden said. "So all in all, about sixty-six

percent are not paying or are getting a rebate.'

As of December 2007, there are homes at Fort Carson, Colo.; Fort Hood, Texas; Fort Lewis, Wash.; Fort Meade, Md.; Fort Campbell, Ky.; Fort Belvoir, Va.; and Fort Irwin, Calif., that are being billed in this way for energy usage.

Other installations are currently "mock billing" Soldiers for their utilities. Those Soldiers get a statement each month letting them know how much energy they consumed, how much they went over the baseline and how much they might have owed for that over- consumption.

Mock billing allows Soldiers time to adjust their energy usage habits and to get used to the idea of having to pay for over-consumption. Mock billing periods usually last from six months to a year before residents are switched to actual billing.

Today, about 15,000 privatized homes are either being

billed or mock billed. That number represents about 20 percent of Army privatized homes.

Bolden said some residents have been concerned that money saved by their own energy conservation efforts is actually being pocketed by privatization partners. But the money, he said, is actually going back into their communities in the form of new homes and amenities.

The program also has protections built in to shelter occupants of privatized homes from price fluctuations in the energy market, and from usage spikes due to unusual weather. Soldiers who are living on the economy don't have such protections.

"About seventy percent of Soldiers live off post and are responsible for their utilities each month," Bolden said. "If there is a hike in the rate, they have to pay for that. With this program, we are simply asking for Soldiers to be responsible for their usage."

Bolden said the "Soldiers Responsible for Their Utiliprogram is in response to a 1998 policy by the Office of the Secretary of Defense.

"You know, if you don't get an electric bill or gas bill, you leave the lights on or you have the air conditioning on and the windows open because you want fresh air," Bolden said. "When you looked at the energy bill for housing, every year it was going up and up. The SECDEF decided we must put some kind of discipline on this."

According to Bolden, Soldiers with children or spouses in the Exceptional Family Member Program may be eligible to have their energy usage baseline adjusted, depending on their situation.

DOC announces PR cutoff dates for 2008

ACA APG DOC

The Army Contracting Agency Aberdeen Proving Ground Directorate of Contracting has established its fiscal year 2008 cutoff dates for submission of purchase requests.

Early customer support in identifying and submitting PRs by or before the dates shown below greatly enhances the ability of the APG DOC to meet customer needs.

Between Aug. 15 and Sept.
30, the APG DOC receives more than 2,500 purchase requests for FY-end award. Early planning and coordination remain the keys to a successful year-end. is used or if any special characters are used in the document.

Do not use page breaks, see tion breaks, columns.

The APG DOC encourages customer activities to coordinate their projected FY-end requirements with the DOC during the third quarter in order to discuss acquisition methods and identify those documents, reviews, and approvals required to accompany the procurement package.

Incomplete procurement packages will not be accepted by the DOC during September and any "SAF" (Subject to Availability of Funds) actions will be accepted only by an APG DOC division chief.

All purchase requests must be submitted to the APG DOC electronically.

APG activities should consider maximizing use of their Government Purchase Cards to execute small dollar transactions for authorized items rather than submitting a purchase request to the DOC.

The following schedule has been established for the submission of PRs for FY 08 and maintenance for FY 09.

These cutoff dates are not only for the PR, but includes all supporting documentation and approvals.

- Noncommercial Items over \$100,000 July 1*
- Noncommercial Items between \$2,500 and \$100,000 Aug. 1
- Commercial items between \$100,000 and \$5 million July 1
- Commercial Items under \$100,000 Aug. 15
- Services Over \$100,000 - July 1
- Delivery Orders and Task Orders Under Existing Contracts – Aug. 1
- GSA Schedule Procurements Aug. 1
- Short-of-Award over \$2,500 June 15**
- Maintenance for FY 2009 July 1

(FY 09 Contract Modifications and Options for Existing Maintenance Contracts)

- * There may be instances where this date may not be adequate for complex actions. It is therefore required that these actions be coordinated with the branch chief prior to this date.
- this date.

 **Customers submitting "short-of-award" PRs, especially for services requirements, must seriously consider whether funding will materialize.

A substantial amount of effort is expended to prepare these pending actions and they must be prioritized after PRs that are funded and PRs that are subject to the availability of funds.

The above lead times can be affected by various factors so review these and other guidance on the DOC web page at https://www.apg.army.mil/apghome/sites/installation/contracting.asp.

The requirements for submission of PRs are located at this site under "Announcements, News, and Notes."

For customer assistance, use the link "Customer Corner" for guides, templates, formats and helpful web sites. **Preparation of PRs**

When preparing PRs in PRWEB:

Do not use any dashes or

spaces in the PR number.

When preparing attachments for any electronic document to be used by contracting, submitters must use Normal, Times
New Roman, 10.

The contracting writing system used by DOC cannot format correctly if a font other than Normal, Times New Roman, 10 is used or if any special characters are used in the document.

Do not use page breaks, section breaks, column brakes or special characters such as trademark signs, tm, ®, <, etc., in any document that will be used in a purchase order or contract.



FAMILY, MORALE, WELFARE & RECREATION

Activities/Events

DOD civilians can sign up for sports leagues

Sports leagues available for DoD civilians include volleyball, dodge ball, deadlift competition, softball, tennis tournament and flag football. Volleyball

Sign up for volleyball, up to 12 members on a team. Games are scheduled April 2 through May 10 – deadline for signup is March 20. A rule clinic will be held March 29. Cost is \$200

per team. Dodge ball

Sign up for dodge ball. Registration is free. Deadline for signup is March 22. Games are scheduled for March 31 through May 10.

For more information or to sign up for other sports, call

Donna Coyne, 410-278-7934. **Do-it-yourself New York**

City tours

MWR has scheduled several day trips to New York City - eight hours for sightseeing, shopping, seeing a Broadway matinee, venturing into China Town and more March 15, April 19, May 17, June 21, July 19, Aug. 16, Sept. 20, Oct. 18 and Nov. 15.

Cost is \$40 per person. The bus will depart 7:55 a.m. and will return 10 p.m. Open to all DoD card holders.

For more information or to register, call or visit MWR Leisure Travel Services, Aberdeen Area Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR_LeisureTravel@apg.army.mil.

New York City Liberty Tours

MWR Leisure Travel Services offers two New York City Liberty Tours, March 29 and July 19.

Cruise aboard the famous Circle Line cruise ship down Manhattan harbor to the Statue of Liberty for the best view in the city. Following the cruise, enjoy lunch on the coach touring famous and not-so-famous New York sights narrated by a professional and friendly step on guide. Then explore and shop in midtown Manhattan. Shop for souvenirs, browse at Macy's or stroll Times Square.

Cost is \$90 per person and includes roundtrip transportation, cruise and lunch.

The bus will depart 7:20 a.m. and return 9:30 p.m.

For more information or to

purchasetickets, visitMWRLeisure Travel Services, Aberdeen Area Recreation Center, building 3326, 410-278-4011/4907, or e-mail MWR-LeisureTravel@apg.army.mil.

Amateur Boxing Night

The 16th and 143rd Ordnance battalions face off for the first time in 2008 during the Amateur Boxing Night Extravaganza March 15 at the Aberdeen Athletic Center, building 3300. Doors open 5 p.m., the event begins at 6 p.m. Tickets cost \$5 for active duty military; \$10 for non-military; and \$20 for ringside seats. Children under 6 are admitted free.

Purchase tickets at MWR Registration, building 3326, 410-278-4011/4907 or Hoyle Gym, building E-4210, 410-436-3375/7134.

School age/middle school services summer program taking applications

The Aberdeen and Edgewood area's summer programs will run for nine weeks, June 16 through Aug. 15, Monday through Friday, 6:30 a.m. to 5:30 p.m.

The program is open to all qualifying children who have completed first through eighth grades. Parents can sign up for the weeks that fit their schedule.

Tuition fees are based on total Family income.

Waiting list applications may be picked up daily, at the Edgewood Area Youth Services, building E-1902, the Outreach Services, building 2752 or faxed to 410-278-4658.

Applications will not be distributed or accepted at the Aberdeen Area Youth Service building.

Registration will be held Saturday, April 19, at the Edgewood Area Youth Services and Saturday, April 26, at the Aberdeen Area Youth Services for all sponsors who have been offered openings by the Central Registration office. Registration packets, an upto-date physical and Family income information must be completed prior to the registration appointment.

A \$20 non-refundable deposit is required per child at the time of registration for each week a parent selects.

For questions or further information, call the Outreach Services Office, 410-278-7571/7479.

Auditions open for the

All authorized MWR users are eligible to audition for the MWR Talent Showcase, 4 to 6 p.m., March 22 and 23, at the Edgewood Area Stark Recreation Center, building

Talent categories include vocalist, vocal group, instrumentalist, instrumental group, spoken word, rapping,

The Talent Showcase will be held 7 p.m., April 19, at the Post Theater. Prizes will be awarded for the First Place, \$300; Second Place, \$200; and Third Place, \$100.

For more information, call Earlene Allen, 410-273-7803 or 410-652-2737 or e-mail MWR-Events@apg.army.mil.

SKIES Unlimited

For more information or to register for a SKIES Unlimited class, call the Central Registration Office, building 2752, 410-278-7571/7479. For an appointment, e-mail stacie. umbarger@apg.army.mil.

Free babysitting class

Become a Red Cross Certified babysitter with SKIESUnlimited and Army Community Service. A free babysitting class for ages 13

through 15 will meet 9:30 a.m. to 3:30 p.m., March 24, in the ACS classroom, building 2754 Rodman Road. Participants will need to bring a bag lunch. Pre-registration is required. This class is open to all DoD ID card holders.

Tutors available for all grades

Private tutors are available for students in grades 1 through 12. Tutoring for grades 1 through 5 includes all subjects for non-before/afterschool participants. Grades 6 through 8 includes all subjects. Grades 9 through 12 includes math and science only.

Tutors are available Monday through Friday, from April 22 through May 13 and cost \$140 per student for four one-hour sessions. Times and days vary with each participant. Open to all DoD ID card holders.

Private guitar lessons

Private guitar lessons for ages 7 and over will be held 3:30 to 6 p.m., Tuesdays, from April 22 through May 13.

An award winning singer/ songwriter will teach students to play the guitar like they have always wanted. No experience necessary.

Cost of the lessons is \$132 per student and includes one 30minute session per week for four weeks. Students must provide their own guitar and also are required to purchase required for the course as recommended by the instructor. Books are a

one-time purchase. Parents can choose which time frame session they want to sign up for when they register their child.

Private voice lessons

Ages 7 and over can register for private voice lessons, 3:30 to 7 p.m., Tuesdays, from April 22 through May 13. An awardwinning singer and songwriter will instruct students. No experience is necessary.

Singing lessons cost \$132 per student and includes one 30 minute session per week for four weeks. Parents choose which time frame session they want to sign up for when they register their child.

Songwriting lessons

Ages 7 through 18 can take Songwriting Lessons, 6 to 7 p.m., Tuesdays, from April 22 through May 13. Learn from an award winning singer/ songwriter to write songs. No experience is necessary. Musical knowledge is preferred, but not required.

The class costs \$65 per student. Each session is one hour per week for four weeks. Open to all DoD ID card holders.

Beginner Spanish 101

Hola! habla Espanol? Beginner Spanish 101 is a great opportunity for children ages 5 and older, to learn Spanish through games and studentcentered activities. The class is for students with little to no Spanish language experience.

Two classes will be held: 5:30 to 6:20 p.m. for ages 5 through 7; and 6:20 to 7:30 p.m., for ages 8 through 11. Classes will be held on Tuesdays, April 22 through June 3, at the Aberdeen Area Youth Center, building 2522.

The class will include hands-on activities such as games, songs, crafts, stories, and some familiar movies, all in Spanish.

Class price is \$55 per student with a minimum of six students per hour and a maximum of 16 students only. Open to all DoD ID card holders.

MWR Talent Showcase

dancing and comedians.

Youth Sports Program

Cheerleading for ages 5 through 14 as of April 1 costs \$45 per child. Cost for shoes and

This program is for boys and girls ages 3 to 5 who want to play basketball and be coached by their mom or dad. Start Smart Basketball will be held Wednesdays, March 12 through April 16. Parent participation is required. Cost is \$40 per child. Each child will receive a T-shirt, basketball and award.

Softball

Girls ages 7 to 8, 9 to 10, 11 to 13, 14 to 18 as of Jan. 1, can register for softball. Cost is \$45 per child. Practice begins the third week

The program will play in the Eastern Harford County league.

For more information, call 410-306-2297.

Easter Sunday Brunch Top of the Bay will hold an Easter Sunday Brunch, 10

Ruggles Golf Course, 410-278-4794.

March 15 at Ruggles Golf Course.

a.m. to 2 p.m., March 23. Price is \$19.95 for adults, \$9.95 for children ages 5 to 11 and children under 5 eat free.

Ruggles Golf Tournament

icap Tournament, One Day Stroke Play Tourney (net only),

Register now to participate in the MSGA/Golfnet Hand-

Entry fee costs \$30 for annual members, \$47 for autho-

rized members and \$50 for guests. Entry fee includes annual

handicap fee, light refreshments and trophies. Carts are

For more information or to register, call the Pro Shop at

Two buffets, breakfast and lunch, will be available at the same time and diners can select from one or both. The breakfast buffet menu includes an omelet station,

French toast, scrambled eggs, sausage and bacon, biscuits with sausage gravy and home fries, smoked salmon, bagels, muffins and Danish. The luncheon buffet includes a carving station with

roast sirloin of beef and ham, chicken breast stuffed with

sage and cranberry dressing, roast pork, baked cod, assort-

and rice. Mimosa's, juices, coffee and tea are included. Reservations are required

ed vegetables, potatoes

by March 20. To make reservations, call 410-278-3062 /2552/5195.



Free movies at the Post Theater • how to apply for a job

Movies are open to active duty, National Guard and Reserve personnel and their Family members, retirees, DoD civilians and APG contractors. Children under 16 must be accompanied by an adult regardless of the movie rating.

http://www.apgmwr.com.



MWR hosts free movies at the Post Theater, 7 p.m., Saturdays and 2 p.m., Sundays.

For more information or movie schedule, call the Movie Hotline, 410-278-8000 or check the APG MWR Web site,

Snack Bar will be open for all performances.

APG Bowling Center Snack Bar specials Building 2342

Week of March 10

Special #1: Double bowlerburger with cheese, bacon, mayonnaise, lettuce, tomato, pickles, onions, potato chips, one cookie and soda for \$7.65. Special #2: American hero sub with ham, turkey, bologna, mayonnaise, let-

tuce, tomato, pickles, onions, potato chips, one cookie and soda for \$5.95.

Week of March 17

Special #1: Buy one meal with soda at full price, get second meal at 40 percent off (buy second meal at equal or lesser value Special #2: Ham and cheese sub, choice of mayonnaise, lettuce,

tomato, pickles, onions, potato chips, one cookie and soda for \$5.25.

Orders must be placed before 10:30 a.m.

For more information or to place an order, call 410-278-4041.

For more information, call Youth Sports Youths can register for softball, baseball, tee ball, cheerleading, flag football and Start Smart basketball, through Feb. 28. Walk-in Cheerleading registrations will be held 7:30 to 10:30 a.m., weekdays, Central Registration, Aberdeen Area Youth Center, building 2752 Rodman

Register for Spring APG

Road. In the Edgewood Area, register by appointment after 10:30 a.m. at the EA Youth Center, building E-1902. For more information or to register, call

410-278-7571/7479.

Youth Baseball and Tee Ball

Register early – teams and spaces are limited. Boys ages 5 through 15 as of April 30 may register. Cost of registration is \$45 per child for baseball and \$35 for tee ball. Practice starts the week of April 1 and games will

be held on weekdays. Youth flag football

Boys and girls, ages 6 to 8, 9 to 11 and 12 to 14 as of April 1, can sign up. Flag football practices begin the week of April 1, games begin May 3. Games will be held every Saturday at the Aberdeen Area and Edgewood Area Youth Centers. The fee is \$45 for the season. Coaches and referees are needed to make the program a success.

socks are not included. Cheerleading squads will cheer for APG Flag Football teams. Practice will be held 5:30 p.m. on weekdays and starts the week of April 1.

Start Smart Basketball

of March, games begin mid April.

Interested in being an umpire or a coach?

ACS upcoming events

All scheduled events will be held at the Army Community Service Center, building 2754, Rodman Road unless otherwise noted. Total Army Sponsorship Training

The ACS Relocation Readiness Program will hold a Total Sponsorship Training Course, 1 to 3 p.m., March 26, at ACS, building 2754, Training Room #104. Training will provide guidance and assistance to personnel who might serve as the unit or organization point of contact for sponsorship.

Provide names of selected personnel to Phyllis Ethridge, Relocation Manager, ACS, 410-278-2464 e-mail to: phyllis.ethridge@ apg.army.mil.

Smart Start Your Business seminars

The ACS Employment Readiness Program in partnership with Aberdeen Proving Ground Federal Credit Union and Harford Community College Small Business Development Center sponsors Smart Start Your Business seminars. This free 90-minute orientation program provides an overview of the ways to start a business, the skills and duties of a successful entrepreneur and how to write a strategic business plan.

Seminars will be held 11:30 to 1 p.m., July 30, Aug. 27, Sept. 24, Oct. 22 and Nov. 19. For more information or to RSVP, call

Job vs. Career classes for teens Army Community Service will hold Job vs. Career classes for teens, ages 13 through

410-278-9669.

18, 12:30 to 1:30 p.m., at ACS classroom building 2754. Classes will be held March 25, June 18 and July 23. Today's workforce offers many challeng-

es and rewards. Learning has a tremendous

impact on future earnings. Teens will learn

the benefit of a career over a job. The ACS Employment Program and Tina Mike, APG-FCU Education director, will help guide teens through the job and career preparation process so they can achieve their own employment success. Topics include:

• what employers are looking for

• tips on resume writing • interviewing experience

in this free class, call Marilyn Howard, ACS Employment Readiness, 410-278-9669. The Waiting Families Support Group is scheduled for 6 to 7 p.m., Wednesdays, at ACS, building 2754 Rodman Road. This group is designed to provide resource information to assist spouses and Family members

For more information or to enroll teens

TDY or deployments. For more information, call Marilyn Howard, ACS, building 2754 Rodman Road, 410-278-9669/7572.

remaining behind while the military spon-

sor serves on unaccompanied tours, extended

A Support Group for Survivors meets 6 to 8 p.m. each Tuesday. The topic is "Talking It Out." The support group is open to adults affected by unhealthy relationships including domestic and/or sexual violence.

Family Information Network Meeting, or FIN, support group meets 11:30 a.m. to 1 p.m., the second Wednesday of the month. It is designed to provide education, information and support to those Families who are living with or caring for an exceptional Fam-

Victim Advocacy APG 24-Hour hotlines: Domestic Violence, 410-652-6048 Sexual Assault, 1-410-322-7154.

LEAVE DONATIONS

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Deanna Patton, 410-278-8978, or e-mail deanna.l.patton@apg.army.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

John Daigle

Neoma
Amberman
Karen Blades
William Bond
Debra Bonsall
(daughter has
brain tumor)
Jeanie Bowman
Jane Calahan
Donna Cianelli
Joyce Clark
George Colletta
Barbara Crossley

Wayne Doyle Lisa Foust Betty Genuardi Hester Hayes Jerome Hesch William Horn Beverly King (caring for husband) Glenn Kresge Coby Lantry Joyce Mauldin Marie D. Nowak
Cindy Orwig
Adrienne Pearson
Melvin Showell
Gloria Scott
Barbara Seker
Donna Sexton
Algie Shaw
Mark Shipman
Willie Stevenson
Angela Taylor
Charles Young
Barbara Zenker

Harford County Emergency calendars available

The Harford County Emergency Calendar was mailed to all county residents. Anyone who has not received a calendar should contact Harford County Division of Emergency Operations, 410-638-4900.

If a disaster strikes Harford County, emergency officials will do everything possible to help residents recover. Those efforts may include telling residents to pull out their calendars and follow such printed instructions as listening for the sounding of sirens; turning to one of the three listed Emer-

gency Alert System Radio Stations and Harford Cable Network; seeking immediate shelter; preparing for and following evacuation orders; caring for pets during an emergency; and taking other precautionary measures.

Residents should keep the calendar posted on their refrigerator, computer desk or keep it in a kitchen drawer, where it can be accessed quickly.

For more information or to receive a copy of the calendar, call the Harford County Division of Emergency Operations at 410-638-4900.

Potluck

From front page

Program Manager office, Bio-Defense, RDECOM. "This brings us together from every organization to socialize."

While attendees were eating their food, Watson introduced the keynote speaker, the Rev. James C. Williams, assistant pastor of Mt. Zion Mission Baptist Church of Harve de Grace, by reading his favorite verse, Joshua 1:5.

"No man shall be able to stand before you all the days of your life; as I was with Moses, so will I be with you. I will not leave you nor forsake you." (English Standard Version)

Williams told the audience that God has been with the African-American community through difficult times.

"Many of you in this room have faced hardships. Diversity is what bonds us. It gives us the strength to be able to stand," Williams said. "Whenever there is persecution, there is always room to grow. The battle is not yours, it is the Lord's."

Williams talked about how important the church is to the African-American community.

Williams referred to the spirituals that blacks sang when they were slaves, and how the church played a pivotal role in the Civil Rights Movement and in politics.

"Many have received your start in the church. I encourage you all to be a part of the church," Williams said. "The reality is that the church still needs you today."

Williams said that there is hope in the church.

"The church is progressive, it is not going to stand still," he said. "The greatest story is still untold of how great the church is going to become."

Watson closed the ceremony by introducing the committee that planned the event.

"Our committee did a fantastic job. The potluck gets bigger every year," Watson said.

The Black History Month Annual Potluck committee members included Watson, co-chairperson; Deborah Dennis, co-chairperson, and Deborah M. Albergottie Holliday, Vikki Henderson, RDECOM; Rhone' Hutchins, Damon Smith, Pamela Lamb, Danielle Sanders, Phyllis Brown, Evalena Foster, Satchell Doyle Jr., ECBC; Annette Jones-Dennis, Gregory Allen, CMA.

Anyone who would like to join the planning committee for next year's Black History Month Annual Potluck should contact Watson, 410-436-7730 or Dennis, 410-436-2289.

AER

From front page

• Surviving spouses and orphans of Soldiers who died while on active duty or after they retired

What can AER do?

Help with emergency financial needs for:

- Emergency transportation and vehi-
- cle repairsFood, rent or utilities
- Funeral expenses
- Medical/dental expenses
- Personal needs when pay is delayed or stolen.
- Provide undergraduate-level education scholarships to children, spouses and surviving spouses of Soldiers.

What can't AER do?

- Help pay for nonessentialsFinance ordinary leave or vacation
- Pay fines or legal expenses
- Help liquidate or consolidate debtAssist with house purchase or home
- improvementsHelp purchase, rent or lease a vehicle

Cover bad checks or pay credit card bills

Applying for AER assistance
Active duty Soldiers assigned to APG can request an application for AER assistance (DA Form 1103) through their unit, or the AER office located in building 2754, room 201. The form is also avail-

able on Form Flow.

Soldiers will need to fill out the front of the form and provide all required information. The first sergeant or commander must then review, approve and sign the form. The Soldier then brings the signed form, latest end of month

Leave and Earnings Statement, military

ID card and all documentation supporting the request for assistance (such as leave form, rental agreement, written estimate of car repairs, utility bill) to the AER office.

No appointment is necessary; 97 percent of all AER requests for assistance are completed the same day. Each AER request is personal and considered on its own merit. Any emergency must have originated from other than the Soldier's own actions.

Army retirees needing AER assistance should bring all documentation supporting their request for assistance and their military ID card to the AER office. Retirees will fill out the application for assistance in the AER office.

What kind of assistance can someone expect?

- The majority of AER assistance is provided in the form of an interest free loan with repayment of these loans helping to fund future assistance.
- Under extreme circumstances, assistance may be given as a grant.

(Grants are not given for routine expenses that suddenly become a problem or provided simply because a Soldier has a monthly deficit and cannot repay a loan. Grants are never given for expenses that will be reimbursed by other sources such as insurance companies or the government.)

government.) **AER's record of assistance**

Since it was established in 1942, AER has helped more than 3 million Soldiers and Family members with more than \$1 billion. In 2007, AER provided more than 64,000 Soldiers, active and retired, and their Families well over \$70 million in assistance Army wide.

For more information, call the AER officer, 410-278-2508 or visit the AER Web site **www.aerhq.org**.

Commissary News

Today's rising costs offset by commissary savings

CHERIE HUNTINGTON

Though gas prices rise daily and the stock market makes nervewracking adjustments by the hour, commissaries provide customers the constant relief of groceries sold at cost - every day, every hour.

"Commissaries save authorized shoppers thirty percent or more over commercial grocery store prices," said Rick Page, Defense Commissary Agency acting director. "That means a Family of four saves nearly \$3,000 annually. Couples can save nearly \$1,900; single shoppers, more than \$1,000."

DeCA's average savings calcula-

tions are based on an annual price comparison study, which compares commissary prices on approximately 30,000 items with those of local supermarkets, major grocery store chains and supercenters. The survey also takes into account state taxes and the 5-percent commissary surcharge, which funds commissary renovation and construction.

Figures for fresh meat and produce, as well as data for locations outside the contiguous United States, are obtained via random sampling. Weighting techniques take into account such factors as cost of living in a variety of areas and regions, as well as customer buying habits.

"Commercial stores are profit-

motivated," Page said. "They lower prices on popular items to attract customers, and they recoup those losses by pricing other items much higher. This routine business practice uses a lower-priced item as a 'loss leader.'"

Perhaps a more accurate term would be "bait." Sure, a pack of offbrand hot dogs might be a nickel cheaper for the shopper presenting a "loyalty card," but hot dog buns might be 10 cents higher, and baked beans, 15 cents higher. Yet some bargain hunters enjoy the thrill of pursuing loss leaders, studying newspaper ads and traveling from grocery store to grocery store, claiming they have commissary prices beat.

ate how the commissary's 30 percent or more savings also saves them time and gasoline.

"Though we operate in businesslike fashion and are proud of our stewardship of American tax dollars, our sole reason for being here is to deliver the benefit," Page said. "Our cost is your cost."

however, DeCA's business partners provide commissaries with frequent "sales" on hundreds of products on any given day, or special pricing on "club packs" or bulk items.

Like any commercial grocery store,

"If a manufacturer offers us a special price, we pass it on," Page said. "There's no need for loss leader strat-savings of thirty percent or more."

Other shoppers, however, appreciegies or customer loyalty cards. Your military ID is the only 'special card' you need."

> Commissary customers get an additional break by not paying sales tax when shopping at the commissary. In some locations, that amounts to sizeable savings.

> "Help us spread the word and make sure all active duty, Guard and Reserve, and retired military and their Families take advantage of their commissary benefit," Page said. "Consider the big picture. It doesn't make sense to spend valuable time and gas running all over town to save on a few items, when shopping regularly at the commissary delivers

Commentary: Ten tips to help you lose weight in 2008

MAJ KAREN E. FAUBER

The new year is here and you are off and running with your resolution to lose weight. Tennis shoes in one hand and water bottle in the other, you are going to lose those five, 10 or more pounds this time, right? Well, to help you reach your individual weight loss goal try these tips and the pounds will melt away:

1. Be real. Set a realistic goal for weight loss and write it down. Losing two to no more than three pounds a week is generally recommended by the experts. Remember how long it took to gain the weight? Give yourself time to lose it gradually and you are more likely to keep it off as you change your lifestyle habits.

2. Feel the burn. Calories in, calories out or what you eat is what you get. This means be active. Go walking, swimming, jogging, bicycling and dancing to burn those calories. The key is to make physical activity a part of your everyday life.

3. Go small. Use the small plate and small bowl at meals instead of the large ones. It is too easy to eat too much when you use a big dinner plate or a large

4. Eat fiber. Aim for 25 to 35 grams of fiber a day. Fiber fills you up and helps you feel full for a long time between meals. Easy ways to get more fiber include eating cereal for breakfast that has 10 or more grams per serving, eat a pear or an apple for a snack, add beans to your meals, soups, and salads, and add a few nuts as a snack or on a

5. Got protein? Do not skimp on protein; this includes chicken, fish, turkey, lean beef and pork. It also includes dairy foods like skim milk, yogurt, low fat cheeses, beans and nuts, all found in your commissary at savings of 30 percent or more. The average person needs .8 grams protein per kilogram body weight, about 60 to 90 grams protein a day.

6. Is that plate big enough? Portion control, portion control, portion control. A serving that is bigger than your fist is probably too much to eat – unless it's vegetables.

7. Mama said, "Eat your veggies!" And, mama was right. Eat vegetables at lunch and dinner. Portions are not so important here. In fact, eating vegeta-

bowl, especially for that nighttime ice bles is a good place to cheat if you need to. Make sure to fill up half your plate at meals with vegetables. The fiber, water content and nutrients in vegetables helps the body lose weight. Fresh, canned, or frozen veggies are all great choices. Avoid the sauces, though, as they add many extra calories.

> 8. Don't forget the fruit. Fresh, canned or frozen: they all make great snacks and a nice desert. Dried fruit is okay, too, as long as you control the portion sizes.

> 9. "I get by with a little help from my friends." Get support to stay on track with your weight loss from your Family and friends. How about creating your own biggest losers contest and invite others to join? Support goes along way with weight loss.

10. Celebrate your progress. Give yourself a pat on the back and more as you continue to lose weight. It's no easy task. As you reach a weight loss goal how about something special to reward yourself? Make it something that you really can enjoy like a new outfit, season tickets for your favorite sport, a special vacation. You decide what it is and write it down with your goal.

See you in the commissary.

DeCA, industry partner to extend commissary benefit to **Guard, Reserve members**

CHERIE HUNTINGTON

"The groceries are coming! The groceries are coming!"

With apologies to Paul Revere, those could be the fighting words of the Defense Commissary Agency as it strives to deliver the benefit to geographically separated Reserve and National Guard members and their Families throughout America.

"It's open season for good ideas on how to expand the benefit to our reserve forces," said Rick Page, DeCA's acting director. "Help us get more of the benefit to you.'

Thinking outside the "box" of conventional commissary locations, DeCA team members have been taking the benefit on the road to authorized shoppers, conducting on-site sales out of warehouses, aircraft hangars, armories, tents in parking lots, and even the back ends of semitrailers. Even as the agency plans to

increase the number of these events this year, industry partners made them even more inviting by donating \$95,000 in commissary gift certificates for distribution to thousands of National Guard members during the past holiday season.

The extent of industry support surprised even DeCA officials.

"I was overwhelmed by the generosity of our suppliers and manufacturers," Page said. "Since your commissary delivers thirty percent savings or more, that ninety-five thousand dollars in your shopping cart represents one hundred and thirty thousand dollars in a commercial grocery store."

The American Logistics Association presented industry's gift to the National Guard Bureau chief at the Pentagon in December. The ALA's members represent industries providing products and services to military resale systems, including commissaries and military exchanges.

PGForun

Commentary: If you only buy one book this year...

THRESES MANCEVSKI Special contributor

While living in Korea last year and working to finish yet another degree in Creative Writing, I happened across a program that was being sponsored by the National Endowment for the Arts. The program, dubbed "Operation Homecoming," was a creative writer slash military spouse's dream come true.

The NEA sent prominent contemporary American writers to various military installations both across the country and abroad to conduct workshops designed to inspire Soldiers and their Families to write about their experiences in Afghanistan and Iraq.

For me, getting the opportunity to learn from some of the most talented writers in America about something I felt passion-

ate about was tantamount to meeting Brad Pitt or seeing Dave Matthews perform at the Gorge in Seattle.

Unfortunately, my dream was never realized. By the time I found out about the program, the workshops had already been conducted and I had missed the opportunity to be a part of them. Instead, I made a mental note to read the book as soon as I could get my hands on a copy. Because of the military's long literary history, I suspected there would be a number of talented writers among the ranks.

"Operation Homecoming: Iraq, Afghanistan, and the Home Front, in the Words of U.S. Troops and Their Families" is the result of "Operation Homecoming." Edited by Andrew Carroll, the book covers every conceivable facet of this wartime experience—from saying good-bye to loved ones, to the everyday monotony

of deployment, to returning home again and not feeling quite the same. It is also a collection of writings—everything from journal entries to letters back home to poems and short stories.

And my suspicions have been confirmed: there is some brilliant writing going on out there, both in the barracks and in the home.

What's more, proceeds from the sale of the book are being used to provide arts and cultural programming to military communities across the country, and a quick check of Amazon confirms a second installment of what might quickly become a series will be released in May 2008. Obviously, the response to "Operation Homecoming" has been a good one, one that I hope will continue.

So if you only buy one book this year, this one's definitely the one.

Commentary: Required reading for returning Soldiers

THERESE MANCEVSKI Special contributor

It's no secret that, in recent years, the media has increasingly shone its spotlight on problems facing Soldiers returning from the ongoing conflicts in Afghanistan and Iraq: reports from the Department of the Army have indicated higher than normal rates of veterans suffering from post traumatic stress disorder and the appalling lack of resources available to those veterans.

While the Army, in conjunction with other federal agencies and mental health professionals, has begun to give the situation the focused attention it so dearly deserves, it's also no secret that, for many service members, both active and former, the stigmas associated with seeking help for mental problems continues to persist.

Enter "Once a Warrior: Wired for Life," a collaborative effort between clinical psychologist Dr. Bridget C. Cantrell and former drill instructor Chuck Dean. This slim little volume, with its abundant military analogies and workbook-like structure, might just be the perfect read for anyone dealing with making the transition back from a combat situation to the civilian world.

"Once a Warrior" differs from other nonfiction books about PTSD in a number of ways. There's no stuffy overtone, for instance: Soldiers (or loved ones) won't feel as though they're being diagnosed, but rather participating in a healthy discussion about how to turn negative situations into positive ones.

There's also a great deal of attention placed on the concept of "re-behaving," which Cantrell and Dean think is critical to making a successful transition back into society. Readers will not tire of testimonials since there aren't too many war stories included, and though the book centers on turning warriors back into civilians, the authors also include strategies for coping spouses and children.

I applaud the novel approach to the book, which grew out of questions Dean poses in the preface: "Is it feasible for our government to re-train warriors to become civilians again? And if it is possible, then why has it not been implemented?"

It's evident that the authors not only assume that it is indeed possible, but they go on to offer up their own strategies for how it can be implemented in the form of the book itself.

"Once a Warrior: Wired for Life," though not intended as a substitute for professional help, is an informative and insightful guide that offers comfort for the Soldier who can't quite assimilate and feels alienated; it is a barometer for the spouse who has noticed some changes since the return of a loved one after a lengthy deployment; it is an open and honest discussion about concerns that are unique to the military environment, and as such, the explanations and suggestions it offers keep the military rationale in mind.

Dragon Days: Taking the fight to the enemy using our strengths

RETIRED MAJ ERIC **SHULER**

Special contributor Author, John Poole contacted me about his book, "Dragon Days," which rekindled my interest in doing book reviews. In the past I reviewed one of John Poole's books and found his research is very in-depth

and to the point. "Dragon Days" is divided into two main sections: the first is about the Chinese and their activities and connections with multiple terrorist groups; the second part discusses indepth the tactics needed to defeat the terrorist groups.

The Chinese have made a mark in this country. One need only pick up an item and it will probably say, "Made in China." What do China and a variety of terrorist groups have connecting them? The answer is China's need for oil and raw materials to maintain their economy and routes to get the

supplies shipped to mainland an area. China.

China's deals to support the terrorist groups are absolutely amazing. I do not have the space to list all the terrorist groups here, "Dragon Days" does a great job.

Readers will have their eyes opened when they see all the pieces of this Chinese puzzle come together. If one thinks China is not a threat to the United States, look at oil prices which are driven up in part

by China buying more oil. The second chapter I found the most interesting is how to fight the terrorist. The United States military has been designed to fight the next global war. The current War in Iraq and future wars will not be big

battles but small unit actions. John Poole points out the military have to get out of their vehicles and secure each town one at a time. The author uses illustrations and describes at length how to take control of

Urban warfare has many components. The enemy can hide underground in the sewers, on the street level or go fight from the tops of buildings.

Remember, when Saddam's army melted away from the United States Army and Marines. They accomplished this by throwing away their uniforms and blending back into the city.

Urban warfare is the most dangerous and difficult to train for and conduct. Fortunately, "Dragon Days" points out how to operate in an urban warfare.

Fighting the terrorist in Iraq, Poole points out is more like police work than a military operation. I was somewhat surprised at that until I read further. Poole explains it by talking about interrogation of the suspects, examining a crime scene for evidence and getting to know the local population. The key is to maintain a presence in the town to build on and with that comes trust and peace.

The United States is always in a hurry to get a military action completed, unlike the Chinese and most of the world. Time is on the side of our enemy and they are aware of it. The enemy knows that the longer war drags on in Iraq, the sooner people in the United States will want it to end. The author shows how to take the fight to the enemy and use our strengths. John Poole stresses the United States military has to be more unconvential in its tactics.

"Dragon Days" is an eye opener, and it takes a while for the information presented to sink in, but when it does, the reader won't look at "Made in China" the same.

I highly recommend the book.

(Editor's note: Author retired from the New Jersey Army National Guard and has written many previous book reviews published in the APG News.)

Gym dedication honors memory of fallen comrade

MAJ JOE SCROCCA 20th SUPCOM PAO

Soldiers, civilian contractors and third country nationals working for American-Iraqi Solutions Group gathered on COP Cashe South in the vicinity of Baghdad on Sunday to dedicate a new fitness facility to the memory of a fallen comrades.

Sgt. 1st Class Kevin Jessen of Paragould, Ark., an explosive ordnance disposal Soldier assigned to the 22d Chemical Battalion (Technical Escort), Aberdeen Proving Ground, was killed in March 2006 by a secondary improvised explosive device while conducting a post-blast investigation in Rawah, Iraq.

Construction of the gym was the initiative of Master Sgt. Patrick Stanton of Task Force McCall. With the assistance of Tony Blair from AISG, Stanton procured the necessary materials, designed and supervised construction of the project. All of the labor was donated by AISG third country nationals and construction materials were donated by Delta Company, 1-15th Infantry, Task Force McCall and its U.S. Government agencies.

Col. Barrett F. Lowe, deputy commanding officer (forward), U.S. Army 20th Support Command (CBRNE), presided over the naming ceremony attended by Soldiers from the 20th Support Command (CBRNE) assigned to Task Force McCall; Delta Company (Destroyers), 1-15th Infantry, 3d Infantry Division (Mechanized); and civilian contractors and third country nationals from AISG.

"The dedication was a fitting tribute to Sergeant. First Class Jessen who was killed in Iraq two years ago in March," Lowe said. "All of the Soldiers and civilians are honored to name this facility in memory of him. He was a Soldier, a leader, a senior noncommissioned officer and an EOD team leader. He understood the need for Soldiers operating in difficult conditions to have an outlet that benefits not only their physical health but their mental well-being as well."

The facility is a vast improvement for Soldiers and civilians who were using a much smaller building at the patrol base, which suffered from neglect, poor construction and the effects of military operations.

The gym's total interior is 560 square feet, insulated, framed and dressed with pressure-treated halfinch reinforced sound board on the walls, floor and ceiling. The gym is also designed to provide temporary protection for Soldiers from indirect fire attacks by insurgent mortars



Photo by MASTER SGT. ELLETTE, TASK FORCE MCCALL

Sgt. 1st Class Luis Maldonado and Staff Sgt. Fernando Preciado make use of the newly dedicated 'SFC Kevin Jessen Fitness Center' at COP Cashe South. Jesson was a former explosive ordnance disposal Soldier assigned to the 22d Chemical Battalion (Technical Escort) at Aberdeen Proving Ground.

and rockets.

"All of us involved in this dedication are thankful for the support of Sergeant First Class Jessen's wife Carrie, his moth-

er Gracie, and his sister Tracy Miller," Lowe said. "This was a wonderful opportunity to show that we never forget

Kevin will be remembered as long as this facility exists."

our Soldiers, our friends or re-deploy back to Iraq, was in Mexico, N.Y.

our fallen brothers and sisters. on his third tour in the region when he was killed. He is survived by his wife. Carrie and Jessen, who volunteered to his son, Cameron who reside



Your health is KUSAHC's goal



When it's time to say goodbye to the uniform, transitional medical benefits can help bridge the health coverage gap

Each year thousands of service members separate from the service before they are eligible for retirement. Making the transition from military to civilian can be a challenge, but there is support to help service members and their Families meet their health care needs.

"As our warriors transition from the sacrifices of serving their nation, we don't want them to have to worry about having health coverage," said Army Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity. "These programs are here to help bridge the gap between military health benefits and a civilian health plan."

The Transitional Assistance Management Program provides 180 days of transitional health care benefits to certain Uniformed Services members and their Families, if the service member is:

- Involuntarily separating from active duty under honorable conditions
- A National Guard or Reserve

duty after a period of more than 30 consecutive days in support of a contingency operation

• Separating from active duty following involuntary retention (stop-loss) in support of a contingency operation

• Separating from active duty following a voluntary agreement to stay on active duty for less than one year in support of a contingency operation

For those who qualify, the 180day TAMP period begins upon the active duty sponsor's separation. Separating active duty service members and deactivating National Guard or Reserve members who are eligible for the TAMP must reside in a TRICARE Prime Service Area or in an overseas area in which TRICARE Prime Overseas is offered in order to use these Prime programs during the 180-day TAMP period. Beneficiaries eligible for Prime or Prime Overseas during TAMP must enroll or reenroll (if enrolled in a Prime program during the Active Duty period) at the beginning of the TAMP period. Those eligible for TAMP who do not reside in a Prime area can use

CARE Standard Overseas.

For separating active duty service members and deactivating National Guard and Reserve members, TRI-CARE Prime coverage during TAMP will be slightly different than it was during the active duty service period. During TAMP, beneficiaries are covered as an Active duty family member and all rules for that beneficiary category apply, including any applicable deductibles, cost shares

and copayments. For more information on TAMP, visit www.tricare.mil/mybenefit/home/ overview/SpecialPrograms/TAMP or contact the regional contractor.

National Guard and Reserve members may qualify for and purchase TRICARE Reserve Select. TRS is a voluntary, premium-based health care plan that is only available when you are a member of the Select Reserve and are not eligible for any other non-premium-based TRICARE health coverage (like when serving on active duty or if covered under the TAMP), or eligible for the Feder-

member separating from active TRICARE Standard and Extra or TRI- al Employee Health Benefit Program. other than adverse conditions) and To learn more about TRS, visit www. tricare.mil/mybenefit/home/overview/Plans/ReserveSelect.

Individuals who lose TRICARE eligibility or other coverage under the Military Health System are eligible for temporary health care coverage through the Continued Health Care Benefit Program. CHCBP is not part of TRICARE, but provides similar benefits and operates under most of the rules of TRICARE Standard.

CHCBP is a premium-based health care program administered by Humana Military Healthcare Services, Inc. CHCBP offers temporary transitional health coverage (18 to 36 months) after TRICARE eligibility ends. Beneficiaries who qualify can purchase CHCBP within 60 days of loss of eligibility for either regular TRICARE

or TAMP coverage. Who is eligible?

Under certain circumstances. the following beneficiaries may be eligible:

• Former active duty service members released from active duty (under their eligible Family members. Coverage is limited to 18 months.

• Unremarried former spouses who were eligible for TRICARE on the day before the date of the final decree of divorce, dissolution or annulment. Coverage is usually limited to 36 months. However, some un-remarried former spouses may continue coverage beyond 36 months if they meet certain criteria. Contact Humana Military for details.

 Children who cease to meet the requirements to be an eligible family member and were eligible for TRI-CARE on the day before ceasing to meet those requirements. Coverage is limited to 36 months.

 Certain unmarried children by adoption or legal custody. Coverage is limited to 36 months.

For more information about CHCBP, visit www.humana militarv.com/chcbp/main.htm or call 1-800-444-5445. Contact the regional contractor or a beneficiary counseling and assistance coordinator to discuss eligibility for this program.